

# HARFORD COUNTY SENIOR ACTIVITY CENTERS CATALOG OF CLASSES SUMMER 2016



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**Office on Aging**  
Harford County Department of Community Services  
[www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging) 410.638.3025





# Harford County Senior Activity Centers

## Locations and Hours of Operation

**ABERDEEN** 410-273-5666  
7 Franklin Street, Aberdeen, MD 21001  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**EDGEWOOD** 410-612-1622  
1000 Gateway Road, Edgewood, MD 21040  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**FALLSTON** 410-638-3260  
1707 Fallston Road, Fallston, MD 21047  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**FOREST HILL/HICKORY** 410-638-3616  
*Satellite Location – Summer Classes only*  
2213 Commerce Drive, Forest Hill, MD 21050  
*No meals are available at this location*

**HAVRE DE GRACE** 410-939-5121  
351 Lewis Lane, Havre de Grace, MD 21078  
Monday-Friday 8:30 a.m. - 3:30 p.m.

**MCFAUL** 410-638-4040  
525 W. MacPhail Road, Bel Air, MD 21014  
Monday-Friday 8:30 a.m. - 4:00 p.m.

**NORRISVILLE** 410-692-7820  
*Satellite Location - Classes only*  
5310 Norrisville Road (Route 23)  
White Hall, MD 21161  
Monday-Friday 9:00 a.m. - 3:00 p.m.  
*No meals are available at this location*

## Welcome to Harford County's Senior Activity Centers!

*We are dedicated to promoting healthy and active lifestyles for our citizens age 55 and over*

## SUMMER SEMESTER 2016

**Tuesday, July 5, 2016 – Friday, September 9, 2016**

### CLASS REGISTRATION INFORMATION

Registration OPENS at Fallston, for Fallston  
classes ONLY on Tuesday, May 31, 2016

Registration OPENS at McFaul for McFaul and Fallston  
classes ONLY on Wednesday, June 1, 2016

Registration OPENS at Aberdeen, Edgewood, Havre de Grace  
and Norrisville (satellite location) on Thursday, June 2, 2016

*NOTE: Norrisville is a satellite location and accepts drop-off registrations only.*

**Registration CLOSES at all centers on Friday, June 24, 2016**

### HOW TO REGISTER:

Registrations are accepted IN PERSON ONLY. At this time, we do not accept mail-in or drop-off registrations (except for Norrisville). You may bring ONE additional registration besides your own for processing.

To register for a class, you must first complete a membership form at any of our five locations. You may complete this form on the day of registration, however we recommend stopping in at your local center for a tour and to complete this form ahead of registration

We accept cash, checks (made payable to Harford County, Maryland), VISA, MasterCard, Discover and debit cards at all locations except Norrisville. If a course does not meet minimum enrollment, the class will be cancelled and students who paid for that class will be refunded. THERE ARE NO OTHER REFUNDS. Thank you for your cooperation.

**\*CENTERS ARE CLOSED: Monday, September 5, 2016**

**This document is available in an alternative format upon request and on the  
Harford County website at [www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging)**



# What You Need to Know Before You Register for Classes

## LIABILITY WAIVERS

The instructors who teach classes and workshops in the Harford County Senior Activity Centers are independent contractors. They are not Harford County employees, and are not covered under the County's liability insurance. Please be aware that as part of your participation in a Harford County Senior Activity Center class or activity, you may be asked by instructors to sign a liability waiver as part of their business practice. Individual instructors can explain more about their waiver form. Waivers are distributed and collected by the instructors only, and not by Harford County employees or volunteers.

If you are not willing to sign a waiver for a particular class, this will prevent you from participating. Please note NO REFUNDS will be offered if you register for a class and then refuse to sign a waiver presented by the instructor.

## TRANSITION TIME FOR CLASSES AND ACTIVITIES

Our centers have busy schedules, and many classes and activities run back to back. We ask that members arrive promptly and vacate the space quickly when class is over so the next class can begin in a timely manner. Thank you for your cooperation!

## SENIOR CENTER INCLEMENT WEATHER POLICY

In the event of inclement weather, our foremost concern is the safety of participants and staff. In the case of inclement weather, if Harford County Public Schools are closed, all senior centers are closed. If Harford County Government offices are closed, all senior centers are closed. If Harford County Public Schools open LATE, all senior centers will open at

10:00 AM, with no bus or lunch service. Morning classes starting prior to 10:00 a.m. will be cancelled. If Harford County Government offices open LATE, all senior centers will open at the same time that Harford County Government Offices open, with no bus or lunch service. Morning classes with starting times prior to the late opening time will be cancelled. You can confirm closures or delays by visiting the Harford County website: (<http://www.harfordcountymd.gov/1139/County-Government-ClosingsDelays>), by calling the Harford County Inclement Weather Information Lines: 410-638-3484 or 410-638-3594 or by calling your local senior center.

## OTHER CLOSINGS

Every effort is made to keep the centers open during all normal hours of operation. Situations and conditions may arise that require us to close the center for all or part of the day. We will give participants as much notice as possible when these situations arise.

## MEMBER REQUESTS TO MAKE UP CLASSES

Members often ask if they can "make up" a class they must miss due to illness or a schedule conflict, especially when their instructor is offering the same class at the same center on a different day, or at another center. Members are not permitted to attend any class but the class they are registered to attend. Thank you for your understanding.

*Please note: This applies only to situations where a member must miss a class, not to classes cancelled by the instructor or to cancellations due to weather or other center emergencies.*

## FITNESS CLASS SYMBOLS



Aerobic, Increases heart rate



Light strength training/toning.  
Class may or may not use weights.



Seated/Seated Option



Mind/Body class. Uses breath with movement and concentration to enhance overall wellness and fitness.



Basic exercise for those just getting back into exercise or with limited abilities.



Intermediate low impact exercise for those with some experience and who can stand for at least 30 minutes.



Advanced exercise for those who can move continuously for at least 30 minutes and can easily get up and down from floor.

## EMERGENCY TELEPHONE ALERTS

Please make sure you are signed up for the Harford County Connect CTY system to receive important announcements about weather-related issues and other emergencies. To sign up, go to [www.harfordpublicsafety.org](http://www.harfordpublicsafety.org) and click Emergency Alerts.

To request disability-related accommodations, call 410-638-3025 at least seven business days before an event.



Course #		Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Aberdeen Senior Activity Center									
Exercise	AB160EX	Functional Fitness	14	Wednesday	12:30 p.m. - 1:30 p.m.	10	40	Webb	\$25
	AB130EX	Zumba Gold	17	Monday	10:00 a.m. - 11:00 a.m.	15	38	Mercado	\$21
	AB330EX	Zumba Gold	17	Wednesday	10:00 a.m. - 11:00 a.m.	15	38	Mercado	\$25
	AB436EX	Zumba Gold Chair	17	Monday	11:15 a.m. - noon	10	20	Mercado	\$21
Life Enrichment	AB908LE	Conversational Spanish - Beginner	18	Tuesday	12:30 p.m. - 1:30 p.m.	6	11	Stevens	\$15

### Edgewood Senior Activity Center

Dance	ED301DA	Line Dance 1	12	Wednesday	9:45 a.m. - 10:45 a.m.	5 20	Smith	\$5
	ED102DA	Line Dance 2 <i>Class held at Edgewood Recreation and Community Center, at 1980 Brookside Drive in Edgewood</i>	12	Monday	9:30 a.m. - 10:45 a.m.	5 60	Smith	\$5
Exercise	ED527EX-A	Fitness Fundamentals 4 weeks: 7/8-7/29. <i>Class held at Edgewood Recreation and Community Center, at 1980 Brookside Drive in Edgewood</i>	14	Friday	1:30 p.m. - 2:30 p.m.	4 4	Keene	\$45
	ED527EX-B	Fitness Fundamentals 4 weeks: 8/5-8/26. <i>Class held at Edgewood Recreation and Community Center, at 1980 Brookside Drive in Edgewood</i>	14	Friday	1:30 p.m. - 2:30 p.m.	4 4	Keene	\$45
	ED170EX	Functional Fitness	14	Monday	11:00 a.m. - noon	10 20	Keene	\$21
	ED199EX	Gentle Hatha Yoga	15	Tuesday	10:00 a.m. - 11:00 a.m.	15 40	Trafton	\$25
	ED547EX	Self Defense for Seniors - Beginner <i>Class held at Edgewood Recreation and Community Center, at 1980 Brookside Drive in Edgewood</i>	16	Thursday	10:00 a.m. - 11:00 a.m.	4 20	Brill	\$5
	ED647EX	Self Defense for Seniors - Intermediate <i>Class held at Edgewood Recreation and Community Center, at 1980 Brookside Drive in Edgewood</i>	16	Thursday	11:00 a.m. - noon	4 20	Brill	\$5
	ED210EX	Steppers	16	Wednesday	11:00 a.m. - noon	10 40	Webster	\$5
	ED310EX	Steppers	16	Friday	11:00 a.m. - noon	10 40	Webster	\$5
	ED446EX	Taijiquan - Yang Family Form for Health <i>Class held at Edgewood Recreation and Community Center, at 1980 Brookside Drive in Edgewood</i>	17	Tuesday	11:00 a.m. - noon	2 15	Martinez	\$25
	ED436EX	Zumba Gold Chair	17	Monday	12:30 p.m. -1:30 p.m.	10 40	Keene	\$21

### Fallston Senior Activity Center

Arts & Crafts	FA706AC	Crocheting for Beginners & Experienced	11	Thursday	10:00 a.m. - 11:00 a.m.	5 20	Hines	\$25
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Course #		Course Name	Pg #	Day	Time	Min/Max Enr.		Instructor	Cost
Fallston Senior Activity Center (cont.)									
	FA506AC	Knit & Crochet Beginner/Intermediate	11	Tuesday	10:00 a.m. - noon	5	20	Hopkins	\$45
	FA311AC	Machine Quilting 1 <i>Supply fee: \$5 pay to instructor. 8 weeks beginning 7/6. No class 7/27.</i>	11	Wednesday	12:30 p.m. - 3:00 p.m.	6	14	Whitlock	\$45
Computers	FA106CO-A	A Guide to Getting the Most Out of Your Computer <i>4 weeks 8/4, 11, 18, 25</i>	11	Thursday	10:00 a.m. - noon	6	12	Galumbeck	\$35
	FA107CO-A	All About Computer Basics <i>4 weeks 7/7, 14, 21, 28</i>	11	Thursday	10:00 a.m. - noon	6	12	Galumbeck	\$35
Dance	FA123DA	Basic Tap Dance - Level 1	12	Wednesday	9:30 a.m. - 10:30 a.m.	6	40	Erline	\$25
	FA124DA	Basic Tap Dance - Level 2	12	Tuesday	10:15 a.m. - 11:15 a.m.	6	40	Erline	\$25
	FA106DA	Cardio Dance for Active Seniors	12	Tuesday	9:00 a.m.-10:00 a.m.	10	55	Conner	\$25
	FA306DA	Cardio Dance for Active Seniors	12	Thursday	9:00 a.m.-10:00 a.m.	10	55	Conner	\$25
	FA116DA	Dance Medley	12	Wednesday	11:00 a.m. - noon	6	60	Leskovar	\$25
	FA401DA	Line Dance 1	12	Thursday	11:15 a.m. - 12:15 p.m.	10	60	DeAngelis	\$25
	FA698DA	Stretch & Tone Barre	12	Thursday	10:00 a.m. - 11:00 a.m.	5	14	Erline	\$25
Exercise	FA156EX	Ageless Grace	13	Thursday	10:15 a.m. - 11:15 a.m.	15	20	Raymonda	\$25
	FA167EX	Body Conditioning & Training	13	Monday	10:00 a.m. - 11:00 a.m.	15	45	Conner	\$21
	FA166EX	Body Conditioning & Training	13	Wednesday	10:00 a.m. - 11:00 a.m.	10	45	Conner	\$25
	FA161EX	Body Conditioning & Training	13	Friday	10:00 a.m. - 11:00 a.m.	10	45	Conner	\$25
	FA173EX	Body Conditioning & Training - Beginner	13	Monday	Noon - 1:00 p.m.	15	45	Conner	\$21
	FA172EX	Body Conditioning & Training - Beginner	13	Wednesday	Noon - 1:00 p.m.	15	45	Conner	\$25
	FA329EX	Cardio Intervals	13	Wednesday	9:00 a.m. - 10:00 a.m.	15	45	Conner	\$25
	FA529EX	Cardio Intervals	13	Friday	9:00 a.m. - 10:00 a.m.	10	45	Conner	\$25
	FA270EX	Cardio Kickboxing	14	Monday	9:00 a.m. - 10:00 a.m.	15	45	Conner	\$21
	FA150EX	Chair Cardio-Sit & Get Fit	14	Tuesday	11:00 a.m. - noon	10	40	Conner	\$25
	FA450EX	Chair Cardio-Sit & Get Fit	14	Thursday	11:00 a.m. - noon	10	40	Conner	\$25
	FA223EX	Chair Yoga	14	Thursday	Noon -1:00 p.m.	12	60	Norwood	\$25
	FA218EX	Classic Cardio <i>No class 8/3</i>	14	Wednesday	10:00 a.m. - 11:00 a.m.	15	50	McDaniel	\$23
	FA224EX	Gentle Yoga	14	Tuesday	Noon - 1:00 p.m.	12	50	Norwood	\$25
	FA121EX	Get to the Core - Pilates <i>No class 8/3</i>	15	Wednesday	9:00 a.m. - 10:00 a.m.	15	50	McDaniel	\$23
	FA158EX	Pilates Yoga Blend	15	Monday	11:00 a.m. - noon	15	45	Conner	\$21



Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
Fallston Senior Activity Center							
	FA342EX	Qigong Practice \$3 supply fee for copies. Bring any materials previously distributed in Qigong classes taught by Rosemary to this class.	16	Thursday	9:00 a.m. - 10:00 a.m.	15 25	Raymonda \$25
	FA235EX-A	Small Group Training Four weeks 7/6, 13, 20, 27	16	Wednesday	1:30 - 2:30 p.m.	3 4	McDaniel \$45
	FA183EX	Stretch and Restore No class 8/3	16	Wednesday	11:00 a.m. - noon	15 18	McDaniel \$23
	FA246EX	Tai Chi Chuan - Yang Style	16	Thursday	2:00 p.m. - 3:00 p.m.	10 16	Pearce \$25
	FA239EX	Yoga Strength & Stretch	17	Tuesday	10:00 a.m. - 11:00 a.m.	10 50	Conner \$25
	FA339EX	Yoga Strength & Stretch	17	Thursday	10:00 a.m. - 11:00 a.m.	10 50	Conner \$25
	FA139EX	Yoga Strength & Stretch Beginner	17	Wednesday	11:00 a.m. - noon	10 45	Conner \$25
	FA439EX	Yoga Strength & Stretch Beginner	17	Friday	11:00 a.m. - noon	10 40	Conner \$25
	FA130EX	Zumba Gold	17	Monday	11:00 a.m. - noon	15 50	Slacum \$21
	FA330EX	Zumba Gold	17	Wednesday	11:00 a.m. - noon	15 50	Slacum \$25
Fine Arts	FA117FA	Drawing & Painting for Fun!	18	Monday	10:00 a.m. - 1:00 p.m.	5 10	Mulholland \$37
Life Enrichment	FA910LE	Learning Italian Language & Culture (Level 2) Not to exceed \$20 supply fee for book. Check at front desk for book info.	19	Friday	9:30 a.m. - 11:30 a.m.	5 15	Perino \$45
	FA115LE	Meditation	19	Monday	11:30 a.m. - 12:30 p.m.	6 15	MacMillan \$21
	FA116LE	Relaxation: De-Stress & Wellness Techniques	19	Monday	10:00 a.m. - 11:00 a.m.	6 15	MacMillan \$21
Forest Hill Senior Activity Center							
Exercise	FH146EX	Taijiquan - Yang Family Form for Health	17	Monday	11:00 a.m. - noon	10 40	Martinez \$21
	FH546EX	Taijiquan - Yang Family Form for Health	17	Wednesday	11:00 a.m. - noon	10 40	Martinez \$25
	FH130EX	Zumba Gold	17	Monday	1:00 p.m. - 2:00 p.m.	15 40	Slacum \$21
	FH330EX	Zumba Gold	17	Wednesday	1:00 p.m. - 2:00 p.m.	10 40	DeMaine \$25
Havre de Grace Senior Activity Center							
Computers	HG101CO	Computer Basics	11	Thursday	10:00 a.m. - noon	4 8	Pry \$5
Dance	HG802DA	Line Dance - Beginning	12	Tuesday	11:00 a.m. - noon	8 50	Pastelak \$20
Exercise	HG410EX	Basic Step Aerobics Members must bring their own step to each class.	13	Thursday	1:00 p.m. - 2:00 p.m.	10 10	Keene \$25



	Course #	Course Name	Pg #	Day	Time	Min/Max	Enr.	Instructor	Cost
Havre de Grace Senior Activity Center									
	HG371EX	Cardio & Strength	13	Wednesday	10: 30 a.m.- 11: 30 a.m.	10	40	Webb	\$25
	HG604EX	Cardio Toning	14	Monday	9:00 a.m. - 10:00 a.m.	10	40	Keene	\$21
	HG104EX	Cardio Toning	14	Wednesday	9:00 a.m. - 10:00 a.m.	10	40	Keene	\$25
	HG444EX	Qigong/Energy Work/Internal Exercise for Vitality	16	Thursday	9:00 a.m. - 10:00 a.m.	2	10	Martinez	\$25
	HG547EX	Self Defense for Seniors - Beginner	16	Tuesday	1:00 p.m. - 2:00 p.m.	4	40	Brill	\$5
	HG647EX	Self Defense for Seniors - Intermediate	16	Tuesday	2:00 p.m. – 3:00 p.m.	4	40	Brill	\$5
	HG846EX	Tai Chi & Qigong <i>Class meets 4 days per week</i>	16	Mon, Tues, Wed, Fri	11:00 a.m. - noon	10	50	Matters/Powell	\$5
	HG246EX	Taijiquan - Yang Family Form for Health	17	Thursday	11:00 a.m. - noon	2	10	Martinez	\$25
	HG308EX	Yoga	17	Monday	10:00 a.m. - 11:00 a.m.	15	60	Norwood	\$21
	HG208EX	Yoga	17	Friday	10:00 a.m. - 11:00 a.m.	15	60	Norwood	\$25
	HG630EX	Zumba Gold Toning	17	Monday	10:00 a.m. - 11:00 a.m.	10	22	Wurm	\$21
	HG130EX	Zumba Gold	17	Monday	9:00 a.m. - 10:00 a.m.	10	60	Wurm	\$21
	HG230EX	Zumba Gold	17	Thursday	9:00 a.m. - 10:00 a.m.	10	60	Wurm	\$25
	HG436EX	Zumba Gold Chair	17	Monday	11:00 a.m. - noon	10	22	Wurm	\$21
	HG440EX	Zumba Gold Chair	17	Thursday	11:00 a.m. - noon	10	22	Wurm	\$25
<i>Fine Arts</i>	HG117FA	Drawing & Painting for Fun!	18	Thursday	10:00 a.m. - noon	5	10	Mulholland	\$45
McFaul Senior Activity Center									
<i>Arts &amp; Crafts</i>	BA123AC-AM	Knit & Crochet All Levels	11	Thursday	10:00 a.m. - noon	5	20	Hopkins	\$45
	BA123AC-PM	Knit & Crochet All Levels	11	Thursday	1:00 p.m. - 3:00 p.m.	5	20	Hopkins	\$45
	BA506AC	Knit & Crochet Beginner/Intermediate	11	Tuesday	1:00 p.m. - 3:00 p.m.	5	20	Hopkins	\$45
<i>Computers</i>	BA106CO-A	A Guide to Getting the Most Out of Your Computer <i>4 weeks 8/2, 9, 16, 23</i>	11	Tuesday	10:00 a.m. - noon	5	8	Galumbeck	\$35
	BA107CO-A	All About Computer Basics <i>4 weeks 7/5, 12, 19, 26</i>	11	Tuesday	10:00 a.m. - noon	5	8	Galumbeck	\$35
<i>Dance</i>	BA123DA	Basic Tap Dance - Level 1	12	Wednesday	Noon - 1:00 p.m.	6	15	Erline	\$25
	BA301DA	Line Dance 1	12	Wednesday	8:45 a.m. - 9:45 a.m.	10	60	DeAngelis	\$25
	BA605DA	Line Dance 2 & 3	12	Wednesday	10:00 a.m. - 11:00 a.m.	10	40	DeAngelis	\$25



	Course #	Course Name	Pg #	Day	Time	Min/Max	Enr.	Instructor	Cost
McFaul Senior Activity Center (cont.)									
	BA698DA	Stretch & Tone Barre	12	Monday	10:00 a.m. - 11:00 a.m.	5	15	Erline	\$21
Exercise	BA155EX	Ageless Grace	13	Wednesday	11:00 a.m. - noon	5	60	Raymonda	\$25
	BA306EX	Balance and Fall Prevention	13	Thursday	10:00 a.m. - 11:00 a.m.	10	25	Webb	\$25
	BA231EX	Body Tone <i>No class 8/1 and 8/22</i>	13	Monday	9:30 a.m. - 10:30 a.m.	15	60	McDaniel	\$17
	BA704EX	Cardio Toning with Core	14	Tuesday	8:45 a.m. - 9:45 a.m.	20	60	Svoboda	\$25
	BA804EX	Cardio Toning with Core	14	Thursday	8:45 a.m. - 9:45 a.m.	20	60	Svoboda	\$25
	BA118EX	Classic Cardio <i>No class 8/1 and 8/22</i>	14	Monday	8:30 a.m. - 9:30 a.m.	15	60	McDaniel	\$17
	BA191EX	Functional Movement <i>No class 7/29 and 8/5</i>	14	Friday	11:00 a.m. - noon	10	60	McDaniel	\$21
	BA132EX	Gentle Aerobics & Yoga Combo <i>No class 8/1 and 8/22</i>	15	Monday	10:30 a.m. - 11:30 a.m.	15	60	McDaniel	\$17
	BA402EX	Gentle/Chair Yoga <i>No class 8/1 &amp; 8/22</i>	15	Monday	11:30 a.m. - noon	15	60	McDaniel	\$11
	BA159EX	Hatha Yoga <i>No class 7/29 and 8/5</i>	15	Friday	10:00 a.m. - 11:00 a.m.	15	60	McDaniel	\$21
	BA135EX-A	Improve Your Life <i>One-day class; 7/11</i>	15	Monday	1:30 p.m. - 3:30 p.m.	4	6	McDaniel	\$25
	BA135EX-B	Improve Your Life <i>One-day class; 7/25</i>	15	Monday	1:30 p.m. - 3:30 p.m.	4	6	McDaniel	\$25
	BA135EX-C	Improve Your Life <i>One-day class; 8/8</i>	15	Monday	1:30 p.m. - 3:30 p.m.	4	6	McDaniel	\$25
	BA135EX-D	Improve Your Life <i>One-day class; 8/29</i>	15	Monday	1:30 p.m. - 3:30 p.m.	4	6	McDaniel	\$25
	BA747EX	Practical Stick Self Defense <i>Members must provide stick and/or cane</i>	15	Thursday	3:00 p.m. - 4:00 p.m.	5	15	Brill	\$5
	BA547EX	Self Defense for Seniors - Beginner	16	Thursday	12:30 p.m. - 1:30 p.m.	4	20	Brill	\$5
	BA647EX	Self Defense for Seniors - Intermediate	16	Thursday	2:00 p.m. - 3:00 p.m.	4	20	Brill	\$5
	BA123EX	Sit & Stretch	16	Thursday	11:30 a.m. - 12:30 p.m.	10	25	Webb	\$25
	BA235EX-A	Small Group Training <i>4 weeks 7/11, 18, 25, 8/1</i>	16	Monday	Noon - 1:00 p.m.	3	4	McDaniel	\$45
	BA235EX-B	Small Group Training <i>4 weeks: 8/12, 8/19, 8/26, 9/2</i>	16	Friday	Noon - 1:00 p.m.	3	4	McDaniel	\$45
	BA446EX	Taijiquan - Yang Family Form for Health	17	Tuesday	9:00 a.m. - 10:00 a.m.	2	20	Martinez	\$25
	BA346EX	Taijiquan - Yang Family Form for Health	17	Friday	8:45 a.m. - 9:45 a.m.	2	40	Martinez	\$25
	BA108EX	Yoga	17	Tuesday	9:45 a.m. - 10:45 a.m.	15	60	Norwood	\$25
	BA508EX	Yoga	17	Thursday	9:45 a.m. - 10:45 a.m.	15	60	Norwood	\$25
	BA430EX	Zumba Gold <i>No class 7/19</i>	17	Tuesday	11:00 a.m. - noon	10	40	Privett	\$23
	BA438EX	Zumba Gold Chair <i>No class 7/20</i>	17	Wednesday	9:00 a.m.-10:00 a.m.	10	20	Privett	\$23



Course #	Course Name	Pg #	Day	Time	Min/Max Enr.	Instructor	Cost
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McFaul Senior Activity Center (cont.)

	BA633EX	Zumba Gold Toning <i>No class 7/21</i>	17	Thursday	11:00 a.m. - noon	10	40	Privett	\$23
<i>Fine Arts</i>	BA116FA	Oil Painting for All Levels <i>Supply list at front desk.</i>	18	Friday	9:00 a.m. - noon	8	15	Tryon Elgin	\$45
	BA115FA	Pastel Drawing and Painting <i>Supply list at front desk.</i>	18	Friday	1:00 p.m. - 3:00 p.m.	8	15	Tryon Elgin	\$45
<i>Life Enrichment</i>	BA108LE	Child's Play (Cherishing Childhood Experiences) <i>One day class: 7/6; \$5 supply fee pay to instructor</i>	18	Wednesday	1:00 p.m. - 3:00 p.m.	5	20	Woodfield	\$9
	BA106LE	Creative Journaling <i>Five weeks: 7/8, 7/15, 7/22, 7/29, 8/5; \$10 supply fee pay to instructor</i>	18	Friday	10:00 a.m. - noon	5	20	Woodfield	\$25
	BA118LE	Creative Journaling: Journaling Juxtapositions <i>One day class: 7/13; \$5 supply fee pay to instructor</i>	18	Wednesday	1:00 p.m. - 3:00 p.m.	5	20	Woodfield	\$9
	BA119LE	Creative Journaling: Zine-ing a Journal Card <i>One day class: 7/20; \$10 supply fee pay to instructor</i>	18	Wednesday	1:00 p.m. - 3:00 p.m.	5	20	Woodfield	\$9
	BA109LE	Gather Bag (and Other Storage/Organizer Ideas) <i>One day class: 7/27; \$5 supply fee pay to instructor</i>	19	Wednesday	1:00 p.m. - 3:00 p.m.	5	20	Woodfield	\$9
	BA110LE	Journal Café (and Other Self-Starters) <i>One day class: 8/3; \$5 supply fee pay to instructor</i>	19	Wednesday	1:00 p.m. - 3:00 p.m.	5	20	Woodfield	\$9
	BA809LE	Learning Italian With Fun! (Beginner)	19	Tuesday	11:30 a.m. - 1:30 p.m.	5	15	Perino	\$45
	BA107LE	Making Memory Boxes <i>Five weeks: 8/12, 8/19, 8/26, 9/2, 9/9. \$10 supply fee pay to instructor</i>	19	Friday	10:00 a.m. - noon	5	20	Woodfield	\$25
	BA111LE	Stamps, Stencils and Stickers <i>One day class: 8/10; \$5 supply fee pay to instructor</i>	19	Wednesday	1:00 p.m. - 3:00 p.m.	5	20	Woodfield	\$9

Norrisville Senior Activity Center

<i>Dance</i>	NR116DA	Dance Medley	12	Wednesday	1:00 p.m. - 2:00 p.m.	6	60	Leskovar	\$25
<i>Exercise</i>	NR108EX	Yoga	17	Tuesday	9:00 a.m. - 10:00 a.m.	5	25	Wachter	\$25
	NR634EX	Zumba Gold Toning	17	Friday	9:30 a.m. - 10:30 a.m.	5	50	Sporrer	\$25
<i>Life Enrichment</i>	NR105LE	Meditation/Relaxation Series for Seniors	19	Tuesday	10:30 a.m. - 11:30 a.m.	6	20	Wachter	\$25



Relax and enjoy a tasty, affordable,  
nutritionally balanced lunch.  
It's quick and convenient!

**Here are just a few of the delicious dishes on our menu:**

- Hearty Baked Potato & Chili Con Carne
- Grilled Chicken & Pasta Salad over fresh baby spinach
- Navy Bean Soup & Chicken Caesar Wrap
- Pepper Steak over brown rice

**Join us! Lunch is served at noon at the following centers:**

- Aberdeen, Edgewood & McFaul – daily
- Havre De Grace – contact center for days that lunch will be served
- Fallston – contact center for days that lunch will be served

**How does it work?**

Sign up on our lunch list two days in advance. Call 410-638-3025, visit [www.harfordcountymd.gov/services/aging/](http://www.harfordcountymd.gov/services/aging/), or see the front desk to sign up. Come to the dining room at noon on the day you are having lunch. Suggested donation \$2.25 (\$4.00 if you are under age 60)

# Let's have Lunch!



If you haven't dined with  
us lately, try us again!



**To see our menu visit [www.harfordcountymd.gov/services/aging/](http://www.harfordcountymd.gov/services/aging/) and click on Meal Program & Menu**

**BARRY GLASSMAN**  
Harford County Executive

**AMBER SHRODES**  
Director  
Dept. of Community Services

**Office on Aging**  
Harford County Department of Community Services  
[www.harfordcountymd.gov/services](http://www.harfordcountymd.gov/services) 410.638.3025





## Class Descriptions

**PLEASE NOTE: This is a comprehensive list of all classes offered throughout the Senior Center Division over the course of the year. Not every class in this listing is offered each session and not all classes are offered at every location. Please see the class listing to confirm what is being offered this session at each location.**

### Arts & Crafts

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#### Crocheting for Beginners and Experienced

From chain stitch to triple crochet, learn how to transform a skein of yarn into a cherished keepsake to admire for years to come. Whether a novice or a seasoned crocheter, students will enjoy creating their own unique pieces. Participants will make a pot holder, scarf and infant afghan. Students should bring a J hook and one skein.

#### Knit & Crochet All Levels

This class will take students from a beginner to an experienced knitter or crocheter, bring their craft to a new level and finesse their work to look more professional. Students will learn new stitches, patterns and joinings as well as new cast on and bind off methods, depending on their purpose in their patterns. They will learn basic as well as advanced stitches, how to change the gauge of a pattern and how to use different weights of yarn for the same project. New patterns and methods will be offered throughout the course. Experienced knitters and crocheters can bring their own pattern if they prefer and learn how to best proceed on it to achieve a professional look. Students will need to bring light colored yarn, #4, #5 or #6 weight, and needles of the appropriate size for the yarn to be used according to the yarn label for knit or crochet purposes.

#### Knit & Crochet Beginner/Intermediate

An experienced instructor will help students develop your knit or crochet skills. Beginners will learn the basic skills needed to successfully complete a simple cotton dishcloth and will then work on another easy project with patterns provided. Intermediate students will be guided in a project of their choice, learning new skills as they progress. Some patterns are provided, but students are encouraged to use their own patterns as well.

#### Machine Quilting I

This class is for beginners as well as those who would like to learn new patterns and who enjoy quilting with others. We will be making a seasonal quilt of the size you would like. If you have ever wanted to try quilting by machine, then this is the class for you! Participants must bring sewing machines to each class.

### Computers

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#### A Guide to Getting the Most Out of Your Computer

- How to customize your computer and make existing programs accessible.
- Add to and learn to use free programs for performing tasks, adjusting photos and more.
- Bookmark meaningful websites, obtain free resources, and publications.
- Remove unwanted programs and back up your computer's files, etc.
- Create eye catching emails by inserting art and photos.
- Establish your own safe Newsletter instead of using Social Media.
- Understand and use Cloud storage.

*(Prerequisite: Know how to use a keyboard and mouse)*

#### All About Computer Basics

##### Overview of Windows 10

- Keyboard and Mouse – Understanding the keyboard & how to use a mouse.
- Internet – How to Search on the Net and recognize meaningful websites.
- Filling Out Forms on The Internet – how to register for internet access to various websites.
- Useful Websites and Recognizing Spam.
- Saving & Using Pictures & Files from the Internet – using email and moving mail from your inbox to folders; obtaining pictures and files from the internet.



# Dance

(See Fitness Class Symbols Key on Page 3)

## Notice to Members: Liability Waivers

The instructors who teach classes and workshops in the Harford County Senior Activity Centers are independent contractors. They are not Harford County employees, and are not covered under the County's liability insurance. Please be aware that as part of your participation in a Harford County Senior Activity Center class or activity, you may be asked by the instructor to sign a liability waiver as part of their business practice. The individual instructor can explain more about their waiver form. Waivers are distributed and collected by the instructors only, and not by Harford County employees or volunteers. If you are not willing to sign a waiver for a particular class, this will prevent you from participating. Please note NO REFUNDS will be offered if you register for a class and then refuse to sign a waiver presented by the instructor.

### Basic Tap Dance 1 OR

This is a basic Tap class focused on learning tap steps while using lower body and core strength to dance in rhythms. The class begins with a warm-up and practice of basic tap steps, then will build the steps into final movement combinations. Clothing should be comfortable for movement. Tap shoes are preferred but athletic shoes can also be used.

### Basic Tap Dance 2 OR

A basic Tap class focused on learning tap steps while using lower body and core strength to dance in rhythms. The class begins with a warm-up and practice of basic tap steps, then will build the steps into final movement combinations. Clothing should be comfortable for movement. Tap shoes are preferred but athletic shoes can also be used. This class is for anyone who has already taken one or more semesters of Tap Dance.

### Cardio Dance for Active Seniors

Warm-up, workout, strengthen, and cool-down using music and choreographed aerobics. Class will include a balanced combination of rhythmic limbering exercise and static stretches. Aerobic workout will include standardized dance steps choreographed for fun to improve the cardiovascular system and strengthen the upper and lower body. Strengthen legs, hips, buttocks, abdominals, and lower back as well as upper body strengthening for shoulders, chest, and arms. Cool-down to lower the heart rate for a comfortable level to begin stretching exercises. Strength training and toning will be done from the seated or standing position. Bring a bottle of water to class.

## Dance Medley

The *Dancing with the Stars* producers will be waiting at your doorstep after you have waltzed, rumbaed, and cha-chaed your way to stardom! Tone your muscles, improve your posture and stance while learning the basic patterns of a medley of popular dance such as waltz, fox trot, rumba, swing and other Latin and popular line dances. With practice - correct footwork, timing, and balance will come naturally as you dance your way to a new level of fitness and fun. Participants do not need to have a partner.

### Line Dance - Beginning

This class offers beginning line dance instruction. Individual help with difficult steps will be offered if needed. Comfortable sneakers or shoes that will not leave marks on a wooden gym floor are required.

### Line Dance 1 with Peggy

If you have never line danced before, or want to start again with the basic steps, this is the class for you. Learn a couple of new, easy steps and dances each week. No pressure--just fun! Line dance is a great way to exercise the body and mind while moving to the beat of the latest hits and favorite oldies music. Start off by learning basic steps and very easy dances for the first three (3) weeks. The dances get a little more difficult as the weeks go by, but you learn by constant repetition.

### Line Dance 2/3 with Peggy

Now the rhythm is going to get you to want to move those feet to another level. Have fun dancing to the beat, but take it a step further to get a good cardio workout. We will combine Line Dance 2 and 3 and find our dance comfort zone. We'll take a little journey while line dancing to Country, Latin, Irish, 50's music, and more. Come join the fun while enjoying great music and learning well choreographed moves. Prerequisite: Line Dance 1 or previous line dance experience.

### Stretch & Tone Barre

This is a class of basic dance and exercise movements, while holding onto a barre or chair for stability, focused on engaging the entire body in a toning and stretching workout to fun and funky music. The class begins with a warm-up of basic dance steps and exercises with light weights, then adds a few moderately challenging strength exercises. The class finishes with stretching for the arms and legs as well as the core. Class requires standing the entire time.



## Exercise

(See *Fitness Class Symbols Key* on Page 3)

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### Ageless Grace

This is a fitness and wellness program of 21 Simple Tools for Lifelong Comfort and Ease. The practice of Ageless Grace promotes the "Three R's", the ability to respond, react, and recover efficiently and safely. Designed for all ages and all abilities, Ageless Grace emphasizes a variety of anti-aging techniques such as joint mobility, spinal flexibility, right-left brain coordination, core strength, bone density, kinesthetic learning, cognitive functioning, systemic health, balance, fall prevention, self-esteem, confidence and playfulness. The techniques are designed to be practiced in a chair to lively and familiar music. You will get a good workout, stimulate your mind, and have a very good time!

### Balance and Fall Prevention

Using a variety of exercises and drills, class will focus on improving balance to aid in fall prevention. Goals will include increased strength, aerobic capacity, flexibility and mobility, practiced in a fun and positive environment. Students will spend much of the class time standing and walking, with chairs used as aids in many exercises. Light hand weights and a mat for floor work are highly encouraged but not mandatory (floor work will always be optional based on the student's ability and comfort level, with chair-based modifications provided).

### Basic Step Aerobics

Basic Step Aerobics is a low impact workout. With a portable platform with height adjustable risers, you will do choreographed exercise routines up, onto, down, and around the step for great cardio fitness as well as exceptional training to shape the lower body. Your coordination will be tested at times! If you want strong legs, a lifted butt and a functionally fit core – STEP THIS WAY!

### Body Conditioning & Training

Get the training for an effective body conditioning workout. Learn and understand proper form when using hand weights, body bars, balls, etc. All routines will be choreographed with music. Strengthening segments will be followed by a stretch sequence for a more effective and enjoyable workout. Participants can use a chair for supporting during class. All equipment will be provided by the facility. Bring an exercise mat to class.

### Body Conditioning & Training - Beginner

Get the training for an effective body conditioning workout. Learn and understand proper form when using hand weights, body bars, balls, etc. All routines will be choreographed with music. Strengthening segments will be followed by a stretch sequence for a more effective and enjoyable workout. All exercises will be done standing or in the seated position. All equipment will be provided by the facility. NO MAT REQUIRED.

### Body Tone

This class offers a fun, exciting way to gain strength and improve muscle endurance and is guaranteed to be motivating and beneficial. Each song will be choreographed to target a specific muscle group and end with an awesome cool down and stretch for an overall body tone. Please bring your hand held weights and exercise mat.

### Cardio & Strength

This class combines cardio work and strength training. Students must have the ability to get up and down from floor with some assistance.

### Cardio Intervals

Metabolic circuit training helps to elevate your metabolic blueprint. Performing intervals of cardio and strength training is twice as effective as regular exercising. Improve your strength and endurance while creating a higher metabolism to burn calories for hours after class ends. All equipment will be provided by the facility.



### Cardio Kickboxing

Cardio Kickboxing incorporates coordination and balance training, along with cardiovascular exercise. The best brain health workouts involve those that integrate different parts of the brain such as coordination. Kickboxing as a workout is the most complete workout in terms of recruiting aerobic and anaerobic metabolic pathways. The anaerobic component is what gives your muscles strength, hypertrophy and power. Short bursts of muscle contraction such as kicks and punches involve fast-twitch muscle fibers which are producing force anaerobically. Kickboxing gives you the best of both worlds. Every punch and kick is performed in anaerobic fashion while movements between punches and kicks and the duration of each kickboxing interval have aerobic character. Your workout is based on your personal fitness level.

### Cardio Toning OR

This class combines low impact cardio interval and strength/toning training. Improve your strength and endurance while increasing metabolism to burn fat. Students MUST bring their own light weights and a smile! ALL EXERCISES ARE DONE STANDING-NO FLOOR WORK REQUIRED. Participants can work to an intermediate or advanced level.

### Cardio Toning with Core OR

Everyone works at their own level; alternatives are constantly offered for cardio and toning. Students exercise in a light-hearted atmosphere with "Oldies" music. Students are encouraged to increase range of movement and be aware of posture at all times. Class is fun and motivating. Must be able to stand and walk. Using a chair during the exercises is available if needed.

### Chair Cardio-Sit & Get Fit

Exercises will be done in seated and standing positions. Chair cardio can benefit anyone looking for a safe beginning into the fitness arena, working up to more intense exercise. Chair cardio improves overall heart health using upper and lower body exercises. The Balance Challenge position will help improve overall balance by developing core strength and sense of motion in standing and/or sitting positions with emphasis on real life situations such as reaching, rising out of a chair or car seat, etc. Proper form will be discussed when reaching, rising, bending, etc. to avoid injury. Strength training and cooling will be included. Music will be used during cardio and stretching; students may come dressed in comfortable clothing; gym clothing is not needed.

### Chair Yoga

Think you can't do yoga? Try this! Practice yoga in a manner that is slow paced, gentle and supported. All postures will be guided either sitting in a chair or using a chair for support while standing. Simple and safe methods of increasing both flexibility and strength will be offered. Wear comfortable layered clothing and sneakers, and get ready to connect with your body. Please bring a yoga strap and small towel to class.

### Classic Cardio OR

Have a FUNtastic experience exercising to the songs you know and love. Low impact cardio conditioning uses simple moves such as grapevine and mambo at a tempo that will enable you to be successful yet challenged enough to elevate the heart rate. Bring a mat for abs and stretch at the end of class. Bring a mat for abdominals and stretch.

### Fitness Fundamentals

This 4-week series of one-hour sessions is designed to give you more personalized feedback on how to reach your fitness goals. With a fun and caring approach, the instructor will guide you in learning proper body form and alignment when using the fitness equipment, or doing free-standing exercises. Gain strength, flexibility, energy and confidence as you learn about how your body works and the best fitness routine for you. The instructor will work with four individuals at a time to review proper use of fitness room equipment; this may also include working on routines in the gym, outdoors (weather permitting) or other available areas in the center. Participants work to individual ability level.

### Functional Fitness

Do you like to exercise? Unless you're an athlete, you probably answered "no" to that question. Most of us would say we exercise to improve our quality of life. This muscle toning class focuses on core strength using a variety of equipment. Body sculpting and toning are offered while incorporating exercises that work the core and help challenge balance while also decreasing body fat and improving overall health.

### Functional Movement

This is a seated fitness program designed to improve your overall health and mobility. It starts with a warm-up, leading into a light cardio segment with safe and functional moves, followed with gentle poses targeting joint mobility, spinal flexibility, core strength, balance, breath, self-esteem, and confidence. The class will end with an exercise to cool down and quiet the mind and body.



### **Gentle Aerobics & Yoga Combo** OR

Why not try something new? You will have fun and increase your cardio while you dance to the songs you know and love. This class will end with gentle and beneficial standing and seated yoga poses. No mat is needed for this class!

### **Gentle Hatha Yoga**

This class will combine proper breathing and alignment while focusing on basic yoga poses. Posture options are offered to accommodate a wide variety of ability levels. Students are encouraged to do what they can do to explore the limits of their own flexibility, strength, and balance. Listen to your body and honor your feelings as you turn your attention inward. Bring a yoga mat. Yoga straps and blocks are optional.

### **Gentle Yoga with Meichelle**

This class is open to all levels of practice and abilities. The class focuses on basic yoga poses, how to modify the yoga poses, and how to connect them through breath, alignment and mindfulness. Therapeutic in nature, this class will help you gain flexibility, strength and balance as you move through the poses at a slower pace. Meditation and relaxation techniques encourage stress reduction and overall positive well-being. Perfect for beginners. Participants must be able to move up and down from the floor unassisted. A yoga mat is required. Instructor is credentialed through Yoga Alliance as an experience registered yoga teacher.

### **Gentle/Chair Yoga** OR

This unique program increases strength, flexibility, and balance while relieving stress and tension associated with everyday living. Moving through poses seated in the chair, or standing (using the chair for assistance) can provide great reward for both your body and mind! Participants can work at an intermediate or advanced level.

### **Get to the Core - Pilates** OR

Pilates - what is it? This class is full of moves to strengthen the core. You will improve breathing, balance, coordination, flexibility, and strength. Bring an exercise mat; participants must be able to get up and down from the floor on their own. Participants can work at a beginner or intermediate level.

### **Hatha Yoga** OR

Modern yoga is practiced to promote good health and well being, using breath to move you in and out of poses such as Down-Dog, Plank, and Cobra, which help improve breathing, flexibility, balance, and strength. Bring your exercise mat. Yoga straps and blocks are also suggested. Participants must be able to get up and down from the floor on their own.

### **Improve Your Life**

This class will increase your body awareness to help you "fine tune" and get the most out of your workouts. It will give you the tools needed to improve your life. You will become aware of how your body works and moves along with the importance of your breath. It will help you achieve proper form and posture, improving your daily activities. Bring a yoga mat.

### **Pilates Yoga Blend**

While Pilates is great for creating long, lean muscle, Yoga gives you strength, balance, and flexibility. This revolutionary blend of Yoga and Pilates combines movement within both disciplines burning calories and adding the element of functional fitness. Using various muscles in the upper and lower body at the same time, this workout will leave you feeling energized, open and toned. Students must be able to get down and up from the mat unassisted. Students should bring a yoga style mat.

### **Practical Stick Self Defense**

Students will learn and practice tactical defenses as well as counter attacks against armed and unarmed assailants. Each class will begin with light to moderate warm up exercises with a focus on loosening and strengthening shoulders, triceps, forearms, wrists and fingers. Students must supply their own martial arts or walking stick, staff or cane, which must be a minimum 2' in length. Students must be physically capable of carrying and wielding the stick. Students will learn and practice basic blocking and striking techniques, using the stick of their choosing.



## Qigong Practice

Do you have questions about your current Qigong practices? Gather with like minded individuals who want to improve their health, maintain and fine-tune Qigong skills learned in previous semesters with Rosemary. Please bring all materials handed out in Rosemary's previous classes. Prerequisite: Previous Qigong class with Rosemary.

## Qigong/Energy Work/Internal Exercise for Vitality

Students will be taught principles of internal energy work (qigong) in order to coordinate physical exercise with the movement of qi (chi) through the body to improve posture, balance, mobility, and energy levels. Instruction will include several sets for forms which the students will be able to use as complete, self contained exercise routines. The forms are taken directly from internal Chinese martial arts systems and are used for building, storing, and improving the expression of qi for more effective martial applications and fighting technique. They are also, and more commonly used, for health and healing.

## Self Defense for Seniors - Beginner

Students will learn to apply personal awareness techniques within their everyday life to avoid confrontational conditions with potential assailants. Students will practice basic blocks, strikes and locks, using a reasonable force to protect themselves. They will also learn non-strength related breakaway and getaway techniques. Students will be taught based on the level of their experience.

## Self Defense for Seniors - Intermediate

Sessions will include light exercise, demonstration, individual and paired interactive drills. Basic class taught non-strength oriented breakaway techniques which will continue to be refined adding empty-hand, in-close, self defense techniques utilizing elbow, knee, and hammer fists strikes. No hard contact will be made; all blocks used will be parries.

## Sit & Stretch

Reap the bountiful benefits of gentle exercise without leaving the comfort of your chair. With emphasis upon stretching, flexibility, posture, range of motion, and coordination moves, witness your physical capabilities and strength expand while muscle isolation exercises target key muscle groups for increased fitness and flexibility.

## Small Group Training

This class meets 4 weeks for a one hour session. The instructor will guide you in learning proper body form and alignment when using the fitness equipment. Each individual will leave with their own chart to continue on their own, feeling confident and safe with their workout.

## Steppers

Steppers Exercise is a mid-range level exercise program designed to improve overall balance, endurance, cardio-vascular health, mental clarity, and boost energy levels and flexibility. It helps tone muscles and enhance joint strength. "Step up" to overall fitness while stepping to the beat of music and reaping the benefits of working with light weights. Must be able to move rapidly to music on foot for 30 minutes and lift 2-3 lb. weights. Please bring your own weights.

## Stretch and Restore

Have you noticed a decline in your range of motion and flexibility? Stretching and restoring your muscles is the key to movement. Learn the proper way to stretch and gain a better range of motion through your joints. Most poses will be held and supported with props so bring a mat, blanket and/or pillow.

## Tai Chi & Qigong

Exercise without strain or pain! Students will be taught low impact Ancient Chinese Tai Chi Forms and Qigong exercises. Benefits to overall health, when performed regularly, include decreased stress and anxiety, and increased energy, stamina, flexibility, and balance. These classes also increase muscle strength and aerobic capacity.

## Tai Chi Chuan - Yang Style OR

Students will be taught the elemental principles of Tai Chi Chuan, form choreography, and breath coordination and its ability to improve balance, mobility, and energy levels. Instruction will include both seated and moving Taoist Qigong warm-up exercises which are used to help stretch the limbs and chest cavity for a more flexible body. There will be a variety of drills to assist in muscle toning and in gaining an understanding of the body's balance boundary as well as effective martial applications and fighting technique. Participants can work at an intermediate or advanced level.



### Taijiquan - Yang Family Form for Health OR

Students will be taught the elemental principles of Tai Chi Chuan, form choreography, and breath coordination and their ability to improve balance, mobility, and energy levels. Instruction will include both seated and moving Taoist Qigong warm-up exercises which are used to help stretch the limbs and chest cavity for a more flexible body. There will be a variety of drills to assist in muscle toning and in gaining an understanding of the body's balance boundary as well as effective martial applications and fighting technique. Participants can work at an intermediate or advanced level.

### Yoga OR

All fitness levels welcome. This is a traditional yoga "flow" class with modifications available. Postures will focus on alignment, increasing range of motion and strength with a final relaxation with focus on breath and stress relief. Students should bring their own yoga mat and water bottle. Students must be able to get up and down from the floor on their own.

### Yoga Strength & Stretch Beginner

Yoga Strength and Stretch Beginner is taught with gentle standing and sitting poses designed to improve range of motion and flexibility, increase overall strength, improve core strength to aid in balance, and help combat daily stress. Class will be taught with the aid of reflective and soothing music. Students will NOT have to get up and down from the floor. Chairs will be used for modified poses to assist in the student's transition from beginner level to intermediate. Yoga mat required for standing poses only.

### Yoga Strength & Stretch

Yoga Strength and Stretch is designed to improve range of motion and flexibility, increase overall strength, improve core strength to aid in balance, and help combat daily stress. Class will be taught with the aid of reflective and soothing music. Students must be able to get up and down from the floor unassisted. Chairs will be used for modified poses to assist in the student's transition from beginner level to intermediate. A yoga mat is required.

### Zumba™

Warm up with low impact dance movements in a 6-10 minute period to prepare for interval dance routines. Start with Latin dance moves from medium to high impact, and cardio involvement utilizing movements which take into account minimal turns and low hip action. Participants must be able to stand during the hour long class.

### Zumba™ Gold

Zumba™ Gold is a low impact dance/fitness class for the active older adult using modified dance and fitness movements. Zumba™ Gold helps improve balance, flexibility and cardiovascular strength. Warm up with low impact dance movements in a 6-10 minute period to prepare for interval dance routines. Start with Latin dance moves from medium to high impact, and cardio involvement utilizing movements which take into account minimal turns and low hip action. Participants must be able to stand during the hour long class.

### Zumba™ Gold Chair

The Zumba™ Gold Chair program is designed for the older adult population, people with limited range of motion, physical limitations or who may be in a wheelchair. This fitness class aims to help individuals maintain their functional skills (ADLs), help them "listen to their body" and teach them easy to learn choreography that will ensure success. Students who have problems standing, using a walker or wheelchair may benefit from this class. One pound (1 lb.) Zumba toning sticks are available for purchase from the instructor, but toning sticks are NOT required.

### Zumba™ Gold Toning

Zumba™ Gold Toning blends the Zumba™ party you love at a slower pace using Zumba™ Toning sticks to shake up those muscles. Low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength and atrophy. Walk in ready to have a blast and tone up, leave exhilarated and empowered!

### Zumba™ Toning with Sentao™

Zumba™ takes the thrill of the fitness-party and partners it with chair-based choreography to strengthen, balance and stabilize your core. Grab a chair, feel the beat and learn how to use your own body weight to enhance muscle strength. The chair is used as a partner and navigation tool for various positions and movements. Includes Zumba™ toning and strength with the Zumba™ toning sticks followed with balance and movement using Zumba Sentao™ (chair).



## Fine Arts

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### **Drawing & Painting for Fun!**

Drawing and painting will be offered in this class. Half of the class will focus on the art of basic drawing. Students can begin enjoying drawing with just a #2 or HB pencil, a sharpener, a vinyl eraser and a drawing pad. The second half of class will focus on painting. Students can choose their medium from oil, pastel or watercolor and paint something unique, or subject matter will be provided. Come draw and paint with individual attention from the instructor and exposure to other artists and techniques, and receive helpful feedback. Painting supplies will be discussed at the first class.

### **Oil Painting for All Levels**

Oil painting is considered the most versatile of the painting mediums in regard to the blending of colors. In this course, students will explore the many possibilities in the blending of different oil colors. They will be required to complete at least three different paintings that will cover areas from tonal value to color mixing. Instruction will include layout, perspective, using light and shadow to create depth and focus on the primary subject of the work of art.

### **Pastel Drawing and Painting**

Drawing is the basis of art. Every good painting starts with a concept drawing. Students will learn how to control the mediums of graphite, charcoal and pastel pencils and sticks to create fully developed drawings. The class will help students learn the skills to control line, shape and form working from general concept to fully developed drawings. Students will work from still life items. The instructor will provide demonstrations in graphite, charcoal, and pastels to show how students can develop beautiful drawings. Instruction will include layout, perspective, light, and shadow to create depth and focus on the primary subject of the work of art.

## Life Enrichment

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### **Child's Play (Cherishing Childhood Experiences)**

Students will learn the difference between a journal and a diary. Using stimuli provided by the instructor or those brought by participants, students will identify a variety of stimuli as sources of personal childhood memories, selecting one or more items to be used in creating journal entries. Students will then select one or several items as the basis for an entry, noting links among or between the selected objects and the proposed journal entry. The instructor will demonstrate these links by showing examples from an “occasional” journal based upon the sources in entries. Students will develop their initial entries on paper provided and share as much or as little of their information as they wish.

### **Conversational Spanish - Beginner**

This class is for the beginner student interested in learning basic knowledge of the Spanish language and culture, and gaining a sound knowledge of grammar structure to be able to communicate with others in their language. Students will learn how to conduct basic conversations in Spanish that will be useful both at home and abroad, as well as proper customs, mannerisms, and expressions of courtesy and respect appropriate when in a Spanish speaking community, country, and culture.

### **Creative Journaling**

Students will learn the difference between a journal and a diary as well as how to assemble diverse pictures, notes, letters and small items that trigger fond memories. Through a creative and novel approach, students will compile and elaborate your mementoes into a marvelous story to treasure and share with others.

### **Creative Journaling / Journaling Juxtapositions**

Students will learn the difference between a journal and a diary and identify ways to see things in a new context to trigger valuable insights into past events. Using a “it never occurred to me” approach, students will develop their own juxtaposed event to enhance their journal entry.

### **Creative Journaling: Zine-ing a Journal Card**

Students will learn the difference between a journal and a diary and create a sheet of paper from pulp and findings. Using findings the instructor will provide as well as those brought by the participants, students will organize the positions and placement of the items to be used in creating journal “zines”. Students will also develop their cards on the paper they created and share as much or as little of their information as they wish.



### **Gather Bag (and Other Storage/Organizer Ideas)**

Students will learn the difference between a journal and a diary and create “Gather Bags” which may be temporary if other types of bags present themselves later. Using findings provided by the instructor as well as those brought by the participants, students will collect items to be used in creating journal entries. Students will then select one or several items as the basis for an entry and will note links among or between the selected objects and the proposed journal entry. The instructor will demonstrate these links by showing examples from an “occasional” journal based upon the objects and subjects of the entries. Students will develop their initial entries on paper provided and share as much or as little of their information as they wish.

### **Journal Café**

Students will learn the difference between a journal and a diary as well as various stimuli and scenarios to create their own unique journal entries. Students will also develop their initial entries on paper provided and share as much or as little of their information as they wish.

### **Learning Italian Language & Culture (Level 2)**

This course will enable students to understand simple written and spoken Italian. Students will have fun while learning about Italian food, songs, art, history, and customs in a very relaxed but engaging environment. A book may be suggested at the beginning of the course. Additional handouts and material will be provided.

### **Learning Italian With Fun! (Beginner)**

This introductory course will enable students to understand simple written and spoken Italian. Students will have fun while learning about Italian food, songs, art, history and customs in a relaxed but engaging environment. A book will be suggested and handouts will be provided.

### **Making Memory Boxes**

Students will learn how to make a beautifully decorated box to store meaningful memorabilia. They will decorate a box using papier mache, collage images and other art forms. Students should bring their undecorated box to class or use box patterns supplied by instructor. Students may also bring items they wish to store in boxes.

### **Meditation**

Class covers detailed explanations of the mind as it relates to various types of meditation. Students will participate in guided practice of mindfulness and mantra meditations and receive individual instruction to customize practice. Students may wish to bring a cushion if needed.

### **Meditation/Relaxation Series for Seniors**

This class will begin with students gently stretching, then focusing on a short quote or poem. Students will sit quietly and comfortably for breathing practice, center on a reading and practice using mantras. The instructor will lead students in meditation/visualization. Each class will close with an “om” or meta-meditation and a discussion and sharing experience. Class will vary slightly from one practice to the next.

### **Relaxation: De-Stress & Wellness Techniques**

This class will have students work with the body and mind in a yoga style to enhance quality of life. Topics include effects of stress on the body, mind, and easy methods to reduce and counter stress effects, including guided gentle yoga, breathing practices, and meditation. A yoga mat is required.

### **Stamps, Stencils and Stickers**

Students will learn the difference between a journal and a diary as well as learn how to use stamps, stencils and stickers as valuable tools in journal entries. This is especially helpful to those who are uncomfortable in drawing in their journal. Students may use their own stamps, stencils and stickers, or those provided by the instructor, to explore techniques to create illustrations for their journal entries. Students will develop their entries and share as much or as little of their information as they wish.

### **What's In a Name? (Playing with Labels)**

Students will learn the difference between a journal and a diary and to use their initials or monogram to create a unique signature in their journal. Students will complete an initial activity based upon entire names and nicknames and then generate ideas for their identifying signature.



# **STAY CONNECTED... STAY INFORMED... SIGN UP NOW...**

## **EMERGENCY NOTIFICATION SYSTEM**

This system provides Public Safety officials the ability to send vital emergency messages to all affected residents and businesses within a matter of minutes. Notifications may include severe weather, imminent flood warnings, missing persons, and other important information that can help ensure the safety of the citizens of Harford County. This new technology will also enable Harford County to send voice or text messages to cell phones, PDA, e-mail accounts, and TTY/TDD for the hearing impaired. Although all publicly available residential and business telephone numbers have already been automatically entered into the system, County officials are urging citizens and business owners to add unlisted telephone numbers, cell phone numbers, and email addresses by registering for free at [www.harfordpublicsafety.org](http://www.harfordpublicsafety.org) and clicking on



**Additional information is available at [www.harfordpublicsafety.org](http://www.harfordpublicsafety.org)  
or by contacting Emergency Operations at 410-638-4029.**





## Shaffer, McLauchlin & Stover, LLC Attorneys at Law

Gina D. Shaffer | Eric E. McLauchlin | Tracey D. McLauchlin | Bradley R. Stover



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For more information contact

**Heather Murphy**  
at 410-828-7700 ext. 1271  
or [hmurphy@abilitiesnetwork.org](mailto:hmurphy@abilitiesnetwork.org)

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## 2016 HEALTH SCREENING SCHEDULE

### June – Hearing Screening

10:00 a.m. - 12:00 noon

June 6: Edgewood Senior Activity Center  
June 8: McFaul Senior Activity Center  
June 9: Aberdeen Senior Activity Center  
June 15: Fallston Senior Activity Center  
June 22: HDG Senior Activity Center

### July – Skin Analyzer Machine And Information on Sun Safety

10:00 a.m. - 12:00 noon

July 4: Edgewood Senior Activity Center  
July 6: McFaul Senior Activity Center  
July 7: Aberdeen Senior Activity Center  
July 13: Fallston Senior Activity Center  
July 20: HDG Senior Activity Center

### August – Sleep Apnea Risk Assessment

10:00 a.m. - 12:00 noon

August 1: Edgewood Senior Activity Center  
August 3: McFaul Senior Activity Center  
August 4: Aberdeen Senior Activity Center  
August 10: Fallston Senior Activity Center  
August 24: HDG Senior Activity Center

*In addition to the screenings listed above, Upper Chesapeake will also provide FREE blood pressure screenings on the same dates and times listed with the exception of October.*

**Upper Chesapeake  
Health Link will  
provide the following  
screenings to Harford  
County Seniors age 55+  
at the Harford County  
Senior Activity Centers.**

### September – My Plate/Healthy Eating

10:00 a.m. - 12:00 noon

September 5: Edgewood Senior Activity Center  
September 7: McFaul Senior Activity Center  
September 8: Aberdeen Senior Activity Center  
September 14: Fallston Senior Activity Center  
September 28: HDG Senior Activity Center

### October – Flu Shots No Blood Pressure Screenings

10:00 a.m. - 12:00 noon

October 3: Edgewood Senior Activity Center  
October 5: McFaul Senior Activity Center  
October 6: Aberdeen Senior Activity Center  
October 12: Fallston Senior Activity Center  
October 19: HDG Senior Activity Center

### November – Diabetes Prevention

10:00 a.m. - 12:00 noon

November 7: Edgewood Senior Activity Center  
November 9: McFaul Senior Activity Center  
November 10: Aberdeen Senior Activity Center  
November 16: Fallston Senior Activity Center  
November 23: HDG Senior Activity Center

**Barry Glassman**  
Harford County Executive

**Amber Shrodes**  
Director, Dept. of  
Community Services

**Harford County Department of Community Services**  
[www.harfordcountymd.gov/services](http://www.harfordcountymd.gov/services) 410.638.3025

**Office on Aging**







# Stepping On

## Building Confidence and Reducing Falls

## Concerned about Falling?

*Stepping On is a well-researched falls prevention program that will be offered at the Bel Air Activity Center starting Thursday, July 14th, 2016*

The class is free of charge to senior center members and meets for two hours a week for seven weeks. Participants must commit to attending all seven classes.

The class is facilitated by nurses from University of Maryland Upper Chesapeake Health Systems HealthLink.

Interested members must apply in person for the class and must meet the following criteria:

- Age 65 or older
- Have had a fall in the past year or are fearful of falling
- Are living in a home or apartment
- Are NOT suffering from dementia

Applications will be accepted starting the first day of Summer registration. Class is limited to 14. For more information, contact the McFaul Senior Activity Center at 410.638.4040. This class will be offered at other Senior Activity Centers in Harford County in 2016.

***More information on additional class dates coming soon!***

**BARRY GLASSMAN**  
Harford County Executive

**AMBER SHRODES**  
Director, Dept. of Community Services

**Office on Aging**

Harford County Department of Community Services  
[www.harfordcountymd.gov/services/aging](http://www.harfordcountymd.gov/services/aging) 410.638.3025





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## HIGHLIGHTS

HARFORD COUNTY DEPARTMENT OF COMMUNITY SERVICES

# OFFICE ON AGING

*The Harford County Department of Community Services Office on Aging provides support to persons age 55\* and over to live full, productive and satisfying lives.*

## SERVICES

**Caregiver Support** — case workers provide case management and coordinate services for respite care and/or financial assistance for other services and supplies as determined on an individual basis.

**Housing Information** — available on senior apartments, assisted living and nursing homes in Harford County.

**In-Home Care** — includes home visits by Office on Aging caseworkers, and senior care that provides services to eligible homebound seniors, such as shopping, personal hygiene, cleaning/chores, medications and respite care.

### **Information and Assistance regarding:**

- Consumer Problems
- Food Stamps
- Insurance
- Legal & Financial Issues
- Loan Closet
- Long Term Care
- Medical Assistance
- Pharmacy Assistance
- Social Security
- Social Services
- Supplemental Security Income
- Support Groups
- Taxes
- Veterans Benefits

**Long Term Care Ombudsman** — helps advocate for the rights of residents of nursing homes and assisted living facilities.

**Medicaid Waiver** — provides case management services for those who are medically and financially eligible for nursing home medical assistance.

**State Health Insurance Assistance Program (SHIP)** — provides information on health insurance issues affecting seniors, such as Medicare, Medicaid, Medigap and Long Term Care Insurance. **The Senior Medicare Patrol (SMP)** program trains people to be aware of health care fraud, waste and abuse in the Medicare/Medicaid programs and provides information about identity theft and scams.

*\* Some services require a person to be age 60 or over.*

## Direct Numbers for Office on Aging Programs

**Aging & Disability Resource Center (ADRC)**  
410-638-3303

**Caregiver Program**  
410-638-3303

**Guardianship Program**  
410-638-4283

**Medicaid Waiver Program**  
410-638-4283

**Ombudsman Program**  
410-638-3577

**Outreach Programs**  
410-638-3303

**Senior Care Program**  
410-638-3303

**Senior Activity Centers**  
410-638-3032

**State Health Insurance Program**  
410-638-3577

**Senior Medicare Patrol Program**  
410-638-3577

## CONTACT

Fax: 410-893-2371 • TTY: 410-638-3086  
hcaging@harfordcountymd.gov  
www.harfordcountymd.gov  
145 N. Hickory Ave, Bel Air, MD 21014

**BARRY GLASSMAN**  
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